

Beef Tips & Gravy100

Number of Servings: 100 (180.11 g per serving)

Amount	Measure	Ingredient
25.00	lb	Beef, top loin strip steak, raw, select, 1/8"
3.00	cup	Onion, yellow, fresh, chpd
2 1/2	tsp	Spice, pepper, black, ground
5.00	qt	Water, tap, municipal
3.00	cup	Cornstarch
4.00	oz	Base, soup, onion, 0507, FS
4.00	cup	Water, tap, municipal

Nutrients per serving

Nutrition Facts

Serving Size (180g)
Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat 150**

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 200mg **8%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 24g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Instructions

Recipe donated by Geraldine S. at Yankton

Brown the stew meat on medium heat. Add onions and seasonings. Add first measure of water to meat and meat juice (it will make it's own stock) and simmer slowly, covered 45 min or longer until meat is tender (depending upon the cut of meat used it may need to simmer slowly for 1-2 hrs). When meat is tender, continue with the rest of the directions: Mix cornstarch and second measure of water and stir until smooth. Add to meat while stirring and cook until thickened. The gravy should be quite thick. If too thick, decrease amount of cornstarch slightly the next time it is prepared.

Serving = 1 level #8 scoop (1/2 cup) of beef tips and gravy

1 Serving = 0 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds or higher.

Holding :

- Hold for hot service at an internal temperature of 165 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.

Notes

Buy the number of pounds of beef stew meat noted above. Actual stew meat not found in ESHA program.

2 beef bouillon cubes (910 mg sodium each) or 2 teaspoons beef broth granules may be substituted for the onion soup base for each 10 servings the recipe makes OR (1 beef bouillon cube for each 5 servings instead of the onion soup base).